

A919
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

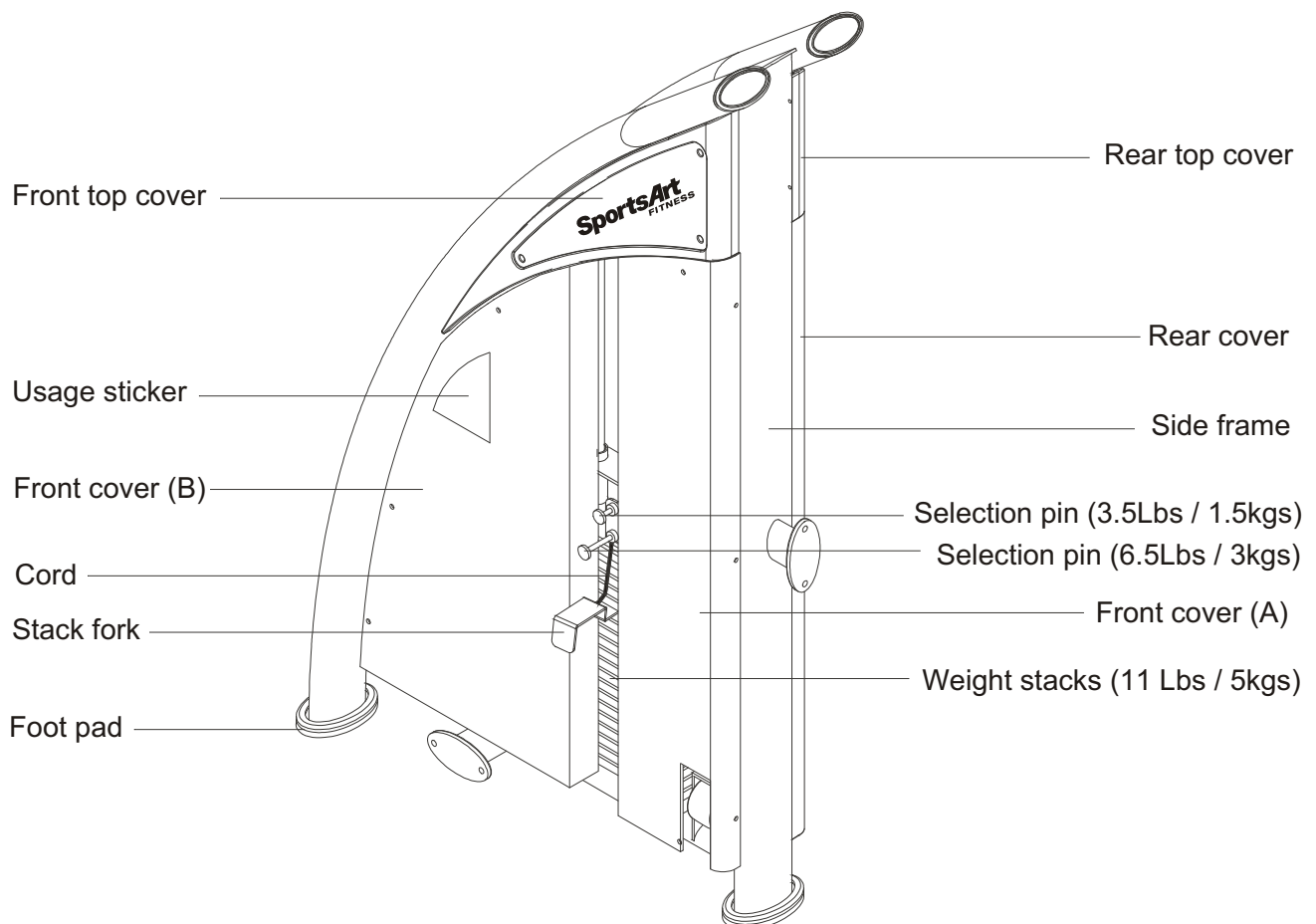
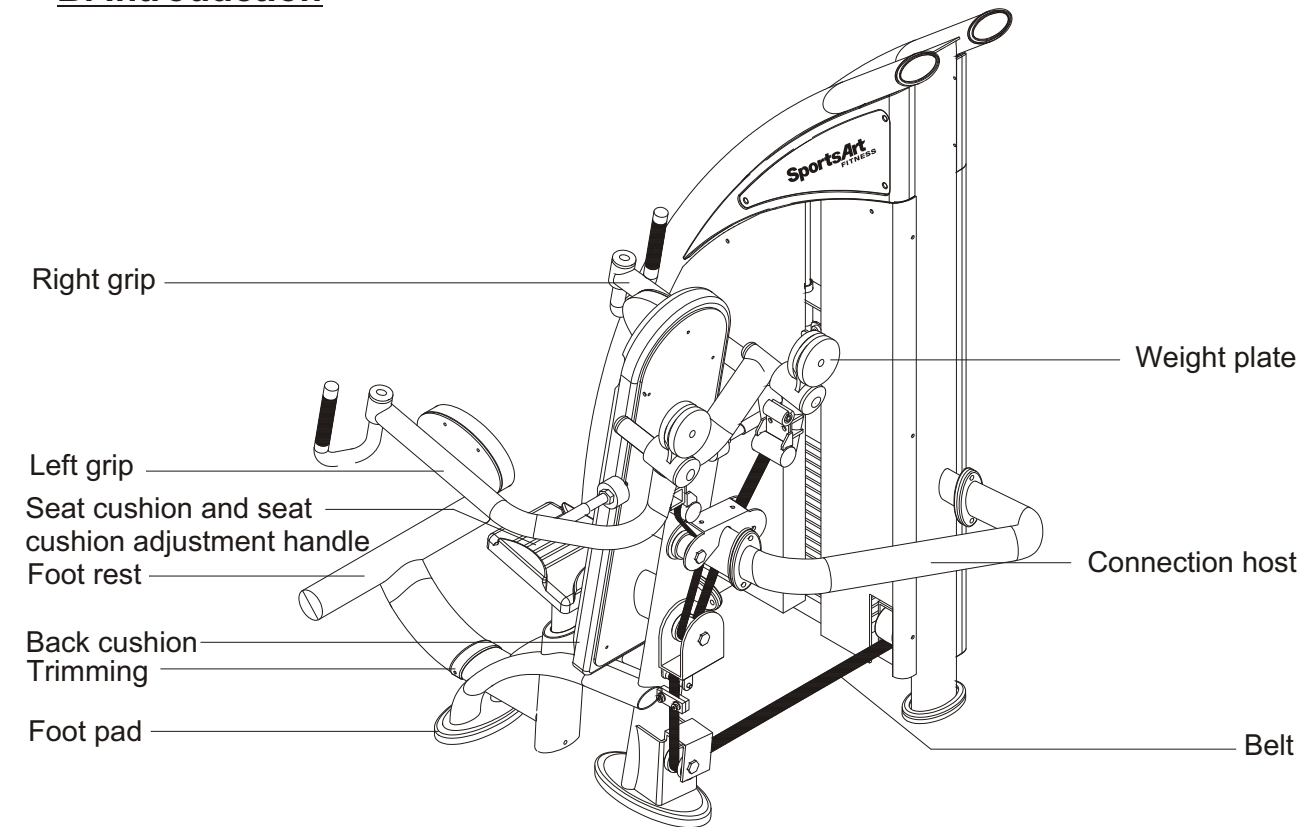


LATERAL RAISE

A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. Introduction



C. List of Parts

1. One side frame.
2. One connection host
3. One lateral raise set
4. One foot rest
5. Six hexagon head bolts, M10 x P1.5 x L30, (4 pcs for the connection host, 2 pcs for the side frame and lateral raise set)
6. Six spring washers M10, (4 pcs for connection host, 2 pcs for side frame and lateral raise sets)
7. Six hexagon nylon nuts, M10 x P1.5, (4 pcs for the connection host, 2 pcs for the side frame and lateral raise sets)
8. Three hexagon socket raised head bolts, M8 x L20 for foot rest
9. Three flat washers, D17 x d8.3 x t2 for foot rest
10. One double-end open wrench, 17mm x 23mm
11. One double-end open wrench, 8mm x 17mm
12. One hex key wrench, M6
13. One hex key wrench, M5
14. User's manual
15. One double-end open wrench, 8mm x 10mm
16. One double-end open wrench, 12mm x 15mm
17. Two M6 x L10 bolts for foot rest
18. One Trimming for foot rest
19. Twelve washers, D16 x d10 x t1.0, (8 pcs for the connection host, 4 pcs for the side frame and lateral raise sets)

D. STEP BY STEP INSTRUCTION:

1. For safety reasons, have at least three people assemble the machine, then secure the vertical frame.
2. Hold the frame during assembly and tighten the connection host with the screws provided (item 5,6,7 as listed in parts list). (See Fig. 1)

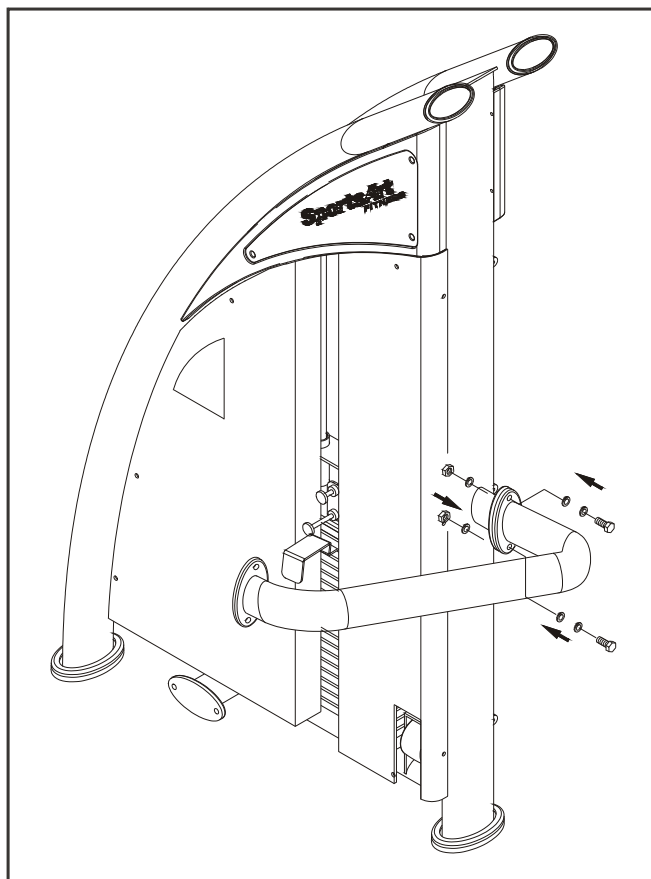


Fig.1

3. Hold the frame during assembly, then tighten the frame as shown in the diagram with the screws provided (item 5,6,7 as listed in parts list). (See Fig. 2)

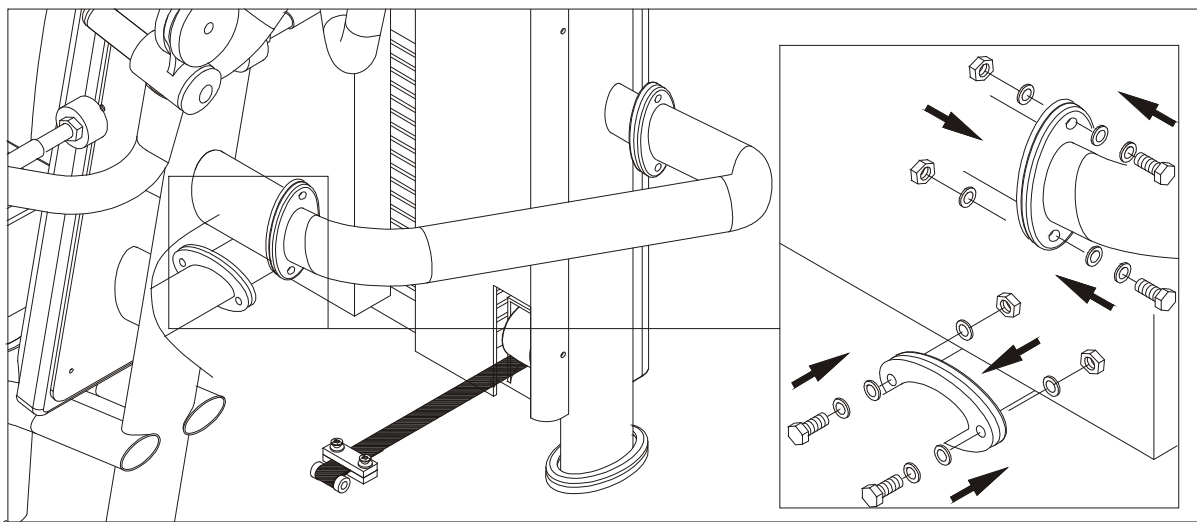


Fig.2

4. Connect the belt and pulley as shown in Fig.3.

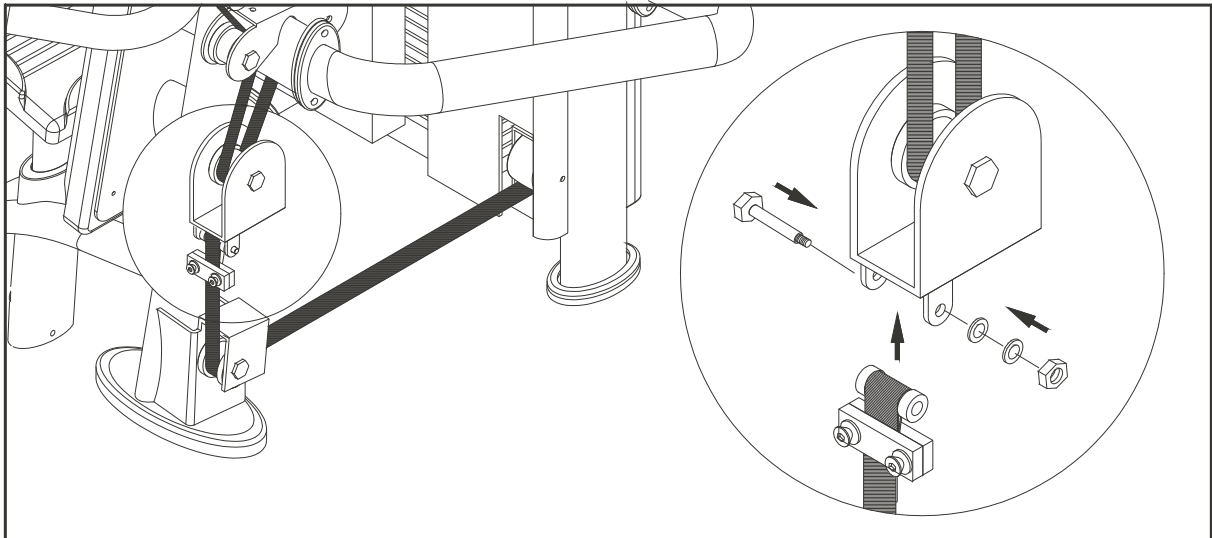


Fig.3

5. Assemble foot rest and seat frame with the screws provided (item 8,9 as listed in parts list). (See Fig.4)

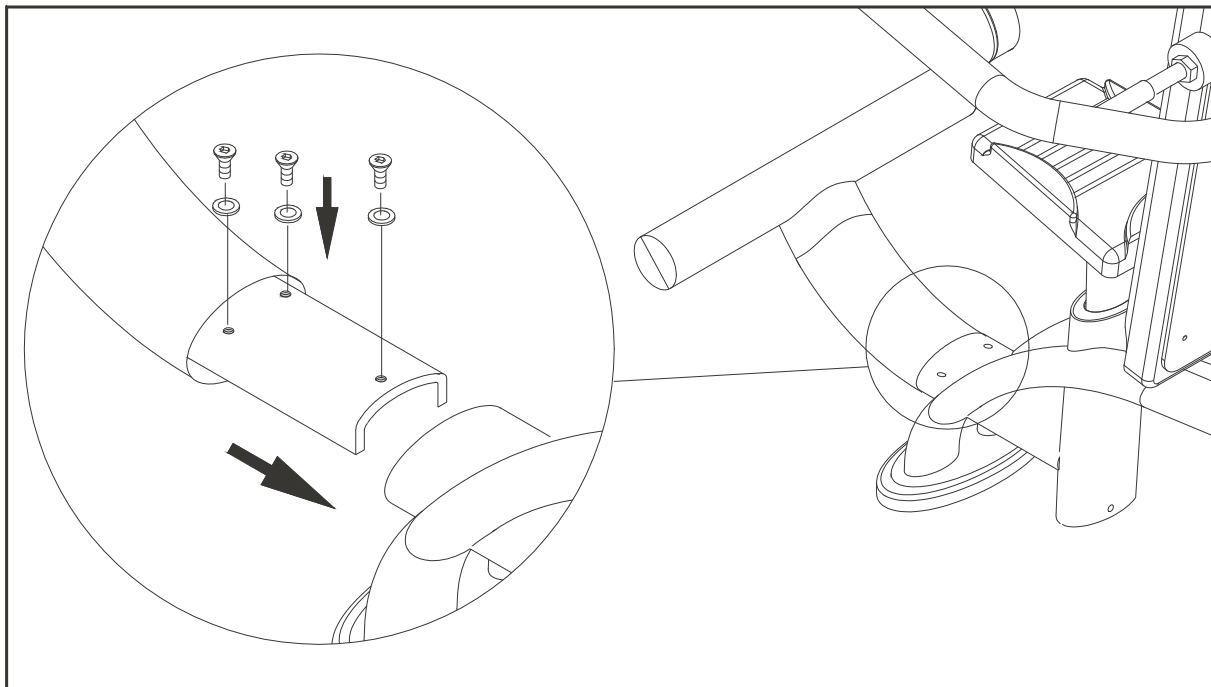


Fig.4

6. Secure the trimming with screws provided (item 17). (See Fig.5)

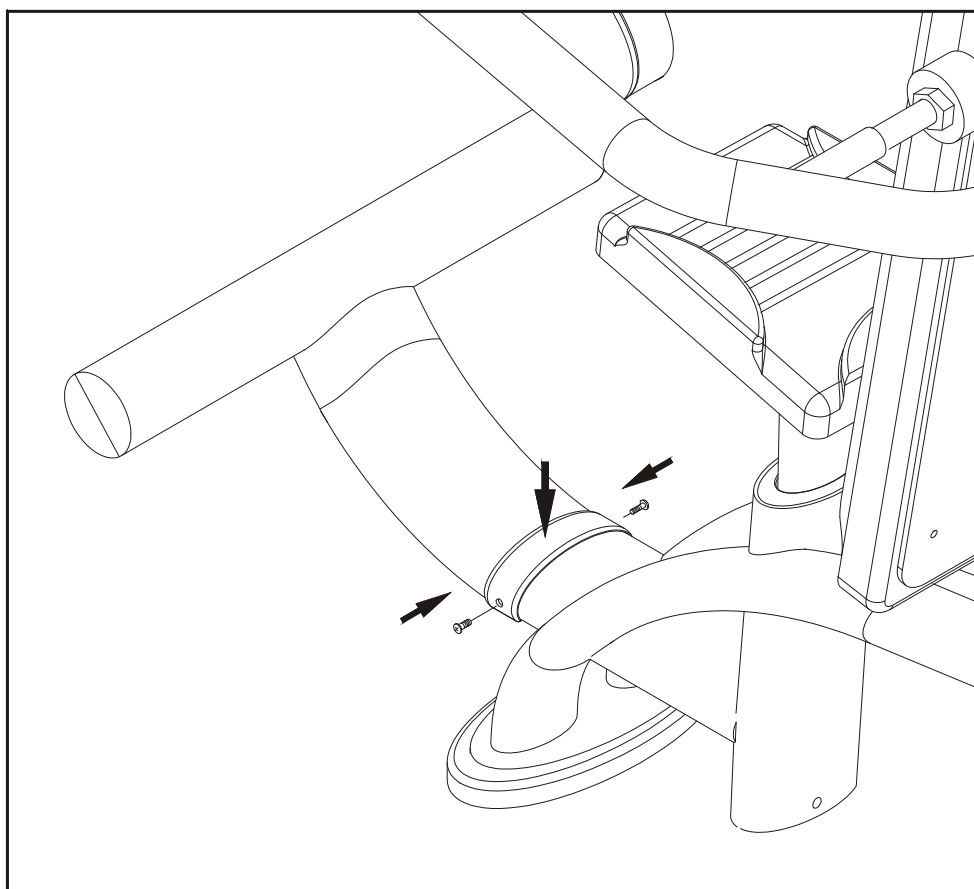


Fig.5

E. Belt Adjustment Instructions:

1. If the belt is too tight or too loose, first loosen nut A as shown then adjust nut B. If the belt length is too long, adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position, then tighten nut A.
2. The gap between nut A and B must be within 35mm(1.4"). If the gap still exceeds the 35mm limit after the first step, please loosen the screws on C and adjust the belt to the proper length. Tighten the screws and follow the 1st step again. (See Fig. 6)

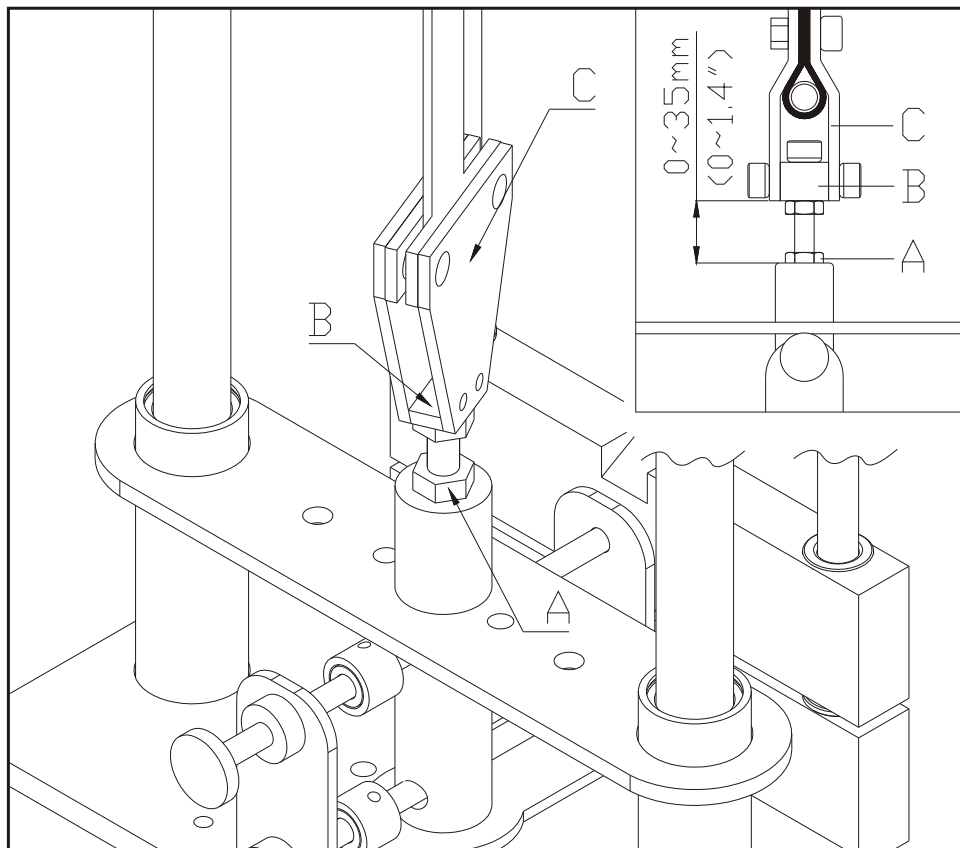


Fig.6

F. HOW TO USE THE MINOR WEIGHT STACK

1. To select a weight on the minor weight stack, insert the upper pin to add 3.5Lbs/1.5kgs or the lower pin to add 6.5Lbs/3kgs.
2. Pull the pin to release the weight. (See Fig. 7)

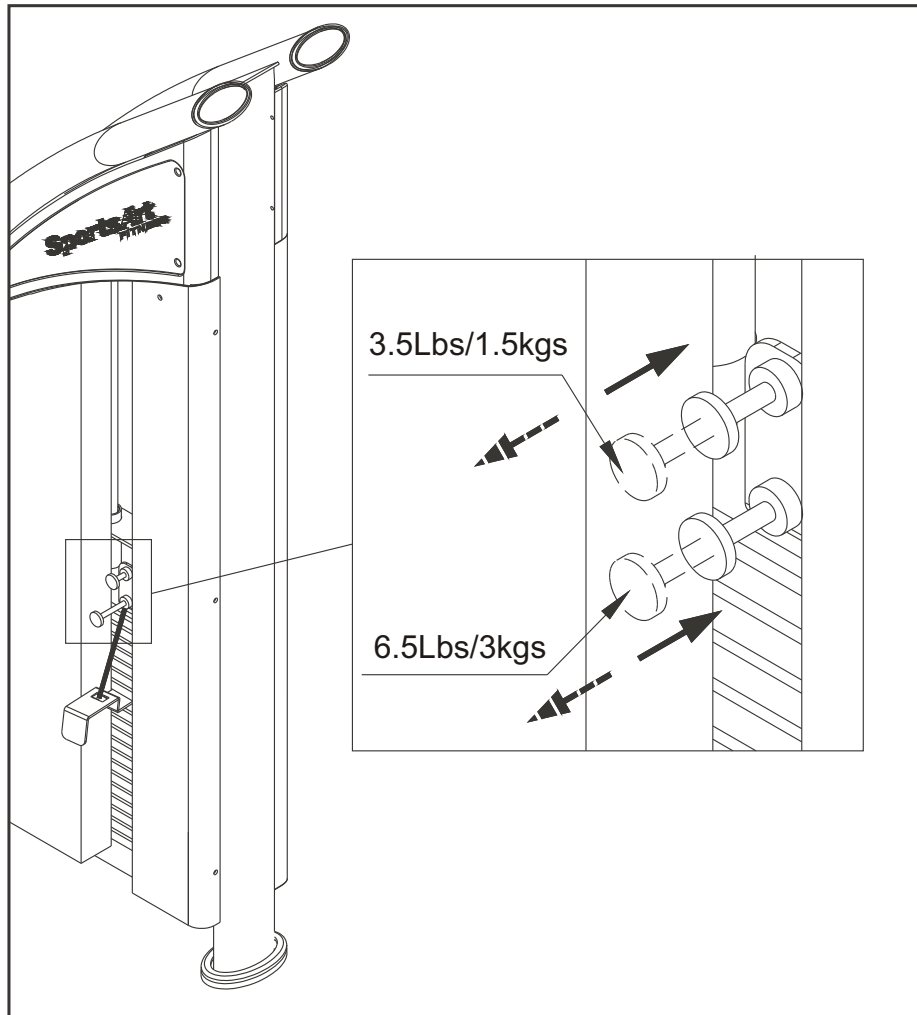
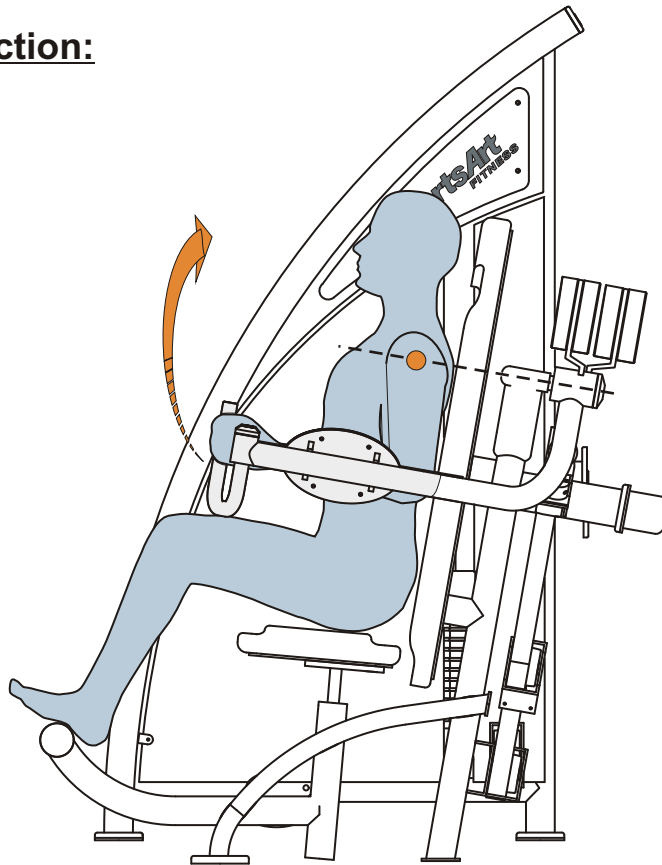
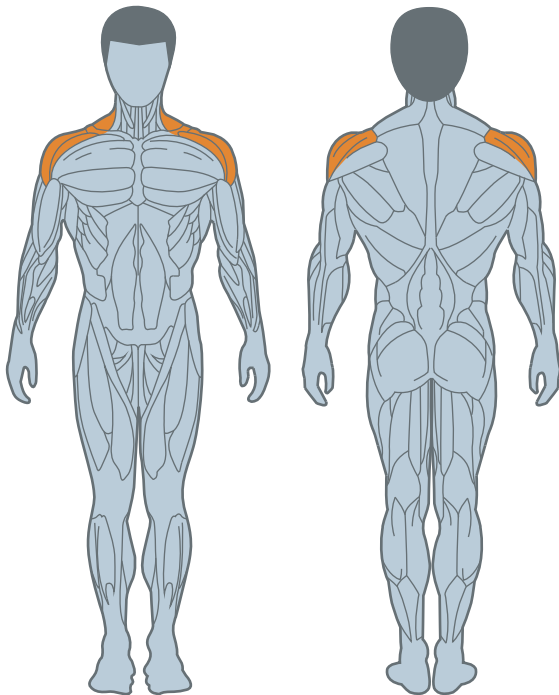


Fig.7

Usage Instruction:



LATERAL RAISE



- ① Select a resistance level that enables you to perform the movement correctly.
- ② Raise arms slightly above shoulder height and lower to starting position.
- ③ Make sure that the upper body remains stationary.
- ④ Perform the exercise in a controlled manner. Exhale when pushing against resistance.

CAUTION

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.

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